



► CURRICULUM & TRAINING
7 Habits of Highly Effective People training at Ulmarra P.S.



► SPORT
Mid North Coast Cross Country today.



► INNOVATION
School undergoes an ICT cabling upgrade over the holidays. Thanks to Mr N for overseeing the process for us—in is retirement!



► COMMUNITY
Save Our Pool meeting at Bailey Park, 9am this Saturday.

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2013

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Term 2 Week 3 Friday, 17th May 2013

ULMARRA PUBLIC SCHOOL—A place of learning for all ages

Since the holidays, our school has provided five days of professional learning for more than 60 teachers and community members across a broad range of areas—the new English Syllabus, students with disabilities, student behaviour modification and the Covey 7 Habits of Highly Effective People. These teachers have travelled from as far away as Tweed Heads and Coffs Harbour.

We have also hosted a visit from our North Coast Regional Director, Mr Mark Youngblutt and School Education Director, Mr Ron Phillips. It was Mr Youngblutt's first visit to Ulmarra Public but I am sure it will not be his last. He was very impressed by the school, its facilities, programs, students and staff. The comment was made that Ulmarra may be a small school but it is run like a large one offering extraordinary opportunities to its students and their families.

As a Principal, it was a very proud moment for me to experience. The pats on the back for Team UPS were very much appreciated. Rest assured that your children attend the best school available to them. Wonderful to see the school being acknowledged at Regional level.

My thanks to all those hard working staff and volunteers who have made this an exceptional place of learning and living for our students.

Kind Regards,

Sandra Armstrong

Principal

CROSS COUNTRY

A great day was had last Friday at the District Cross Country. Mr Reardon was most impressed by the attitude and stamina of the Ulmarra competitors. Congratulations to John White, Lauren Ferry, Marko Primorac, Dominc Kennedy, Luka Primorac, Caleb Ensby and Grace Crapp who continue on to compete at the Mid North Coast event.

THE MASK OF TICKLEFOOTEE

Still intrigued by the name of the 2013 Stage 3 production "The Mask of Ticklefootee"? Google search not helping? The opening (and closing) performance will hit the stage on Thursday, 30th May at 9.30am. Come along and find out just what a Ticklefootee is!

HEAD LICE

There has been an outbreak of head lice in our school. As head lice can be extremely contagious we are asking all parents to inspect their child's hair and treat if necessary.

The following signs could indicate the presence of head lice:

- The child scratching his/her head excessively
- Fine black powder or pale coloured material on pillows
- Signs of nits (eggs) close to the hair roots
- Lice: small white or greyish parasites the approximately size of a pin head

Head lice are a common problem in all schools and with vigilance from all families it can be kept under control. **Children should not attend school until their hair has been treated and the dead lice and eggs removed. All bedding and hats should also be washed and dried in the sun.** Many thanks for your cooperation.

GOOD ATTENDANCE

It is vitally important that good habits are introduced from when students first start school. Students need to understand that attending school is a normal, enjoyable and regular part of their life – ie: attending school needs to become part of their routine and something that always 'just happens'.

Some strategies to achieve this:

- Talk to your child before they start school so that they are well informed, positive and prepared for school. Build the experience up and create a sense of anticipation.
- Help to build the anticipation by making an 'event' of getting the required materials for starting school – backpack, uniform, lunchbox, drink bottle etc.
- Make sure your child is organised of a morning – allow adequate time to have breakfast, get dressed and get to school – try not to make mornings stressful. An established routine is important.
- Make sure your child has adequate sleep each night so that they are well rested and alert of a morning. Avoid television watching before school.
- Make sure your child has adequate food for a day – nutritious and suitable food makes the day enjoyable and sustainable.
- Prepare your child for school again before resuming after weekends and holidays.
- Talk to your child after each day and let them tell you what has happened – show an interest in their day and in their schooling.
- Make home reading/home work a priority by setting aside time each evening – establish a routine.
- Return notes promptly, and read the school newsletter.
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ULMARRA CAMP DRAFT

The annual Ulmarra Camp Draft will be held on the weekend of the 1st and 2nd June. In return for catering, the Camp Draft Society will make a generous donation to the P&C. Help is required to make sandwiches early Saturday and Sunday morning and to bake scones, slices, muffins and patty cakes that can be left at the school on Friday or at the Showground on Saturday morning. Please contact Kahlua on 66445797 if you are able to assist in any way. Many thanks.

We acknowledge the traditional custodians of the land we work on; the Yaegl and Gumbaynggirr people.



KK



A LESSON A DAY FOR CONFIDENCE & COMPETENCE

“When I was a classroom teacher a colleague taught me a great kids’ confidence-building strategy. She gave a special assignment to students who struggled. Every day these children would go home and teach their parents, or siblings, something they’d learned that day at school.

I adapted this idea for my class. Once a week every child had to teach their dads something they’d learned at school. It was a simple idea that encouraged what should happen normally at home – that is, children passing on knowledge and skills to others.

KIDS LEARN THROUGH TEACHING

There is nothing better than teaching someone something you know.

It reinforces the learning, and also makes them feel good about themselves. Reinforcement & confidence are two prime ingredients for learning. High-functioning families provide plenty of chances for siblings to help, teach or pass on some learnings to each other.

As a child I remember older siblings teaching me everything from how to get my breakfast, how to set my clothes out in the morning, and how run a hot shower (and not get burned). I also remember helping an elder sibling with his spelling so the teaching was reciprocal.

There are so many things that siblings can teach each other when parents have this teaching mindset. It’s all part of moving toward redundancy as a parent! As a parent it’s our job to make sure kids are skilled up, but we don’t have to do it all ourselves. Siblings can help each other. As a parent you may have to create opportunities for kids to do some teaching.....particularly for youngest borns.

Here are some ideas:

1. **INVITE** a child to teach or show you something they learned at school. This ranges from a special art project that may take some time through to picking up on what kids tell you happened at school. “Can you show me how you add up those numbers?”
2. **ASK**, don’t tell! Develop the habit of asking children to show you how they do simple tasks such as how they tidy their room, how they plan their homework through to how they can help you sort out a technology dilemma. Make “Show me how...” part of your regular vocabulary.
3. **TEACH**, then pass it on. Teach your kids a practical skill (such as how to set up a tent, how to cook a simple meal, how to make a bed) and then ask them to teach their sibling. This ‘pass it on’ technique is a large family strategy, that ideally happens with no adult influence. HOWEVER, there are times when native parenting cunning needs to come to the fore to set a new course for kids.
4. **ACT** dumb. This strategy works with younger kids. Sometimes you’ve just got to act dumb and pretend that you don’t know how to do something. “Jason, can you get the image on my iPad to show on the TV?” OK, so I wasn’t acting dumb when I asked this question to my friend’s son recently. I really couldn’t do it, but you get my drift!

Here’s my parenting challenge for you. Look for opportunities for your children to teach something to someone (you, other family member, another child...) every day. My bet is that teaching happens quite naturally for one or more of your children, but you’ll have to be pro-active with at least one child in your family who either lacks confidence or has become quite dependent on other family members.”

So go ahead.....make teaching a family habit!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
20th May Library	21st May School Banking TRANSITION Canteen P&C Meeting 7pm	22nd May	23rd May Canteen CAPA Groups	24th May MNC Cross Country Biggest Morning Tea	25th/26th May
27th May Reconciliation Week Library	28th May School Banking TRANSITION Canteen Mobile Library	29th May \$50 deposit due for Sydney excursion	30th May Canteen CAPA Groups ASSEMBLY 9.30amSpotlight on 5/6AM and Mrs Spring’s “Ticklefootie” production	31st May	1st/2nd June Ulmarra Campdraft P&C catering as a school fundraiser
3rd June Library	4th June School Banking TRANSITION Canteen	5th June	6th June Canteen CAPA Groups	7th June MNC Cross Country	8th/9th June



**Transition
2013**

MESSAGE FROM THE P&C

SAVE OUR POOL

**COUNCILLORS WILL MEET AT BAILEY
PARK TOMORROW
SATURDAY 18TH, MAY AT 9AM
TO DISCUSS THE CLOSURE OF THE
ULMARRA POOL**

**ATTEND
HAVE YOUR SAY
SHOW HOW IMPORTANT THIS POOL IS
TO OUR COMMUNITY AND OUR
CHILDREN**

**MANY THANKS
ULMARRA P&C ASSOCIATION**

